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H-PLUS® TIP OF-THE-ISSUE

Circulation

Function Command: PLUS-FLOW SMOOTH

Many of you submitting *H-PLUS* survey forms, or writing with questions and comments, have requested expanded information on using the *H-PLUS* system. Actually, at this point, you are creating *H-PLUS* by integrating it into your lives. With this in mind, we inaugurate a regular feature dedicated to your original and successful applications.

This issue's tip originates with Barbara Bullard, a professional member who teaches Interpersonal Communications at Orange Coast College. Barbara uses *H-PLUS* regularly for herself, and with the approximately 250 students who attend her classes each semester.

H-PLUS *Circulation* (P)* Function Command: PLUS-FLOW SMOOTH

Use to relieve completely or to mitigate the symptoms of migraine headaches. For a migraine headache resulting from a bad case of flu, Barbara lay down and listened to the tape while using the biofeedback technique of visualizing her hands heating up. She went to sleep and the headache was gone when she awoke. Since that experience, she has shared this discovery with seven other women who suffer from migraines. 50% reported total relief of symptoms, and 50% reported a decrease. Effects are more dramatic if *Circulation* is applied when warning signs, such as nausea, are first noticed, and before the headache is full-blown (pain will lessen even at this stage). You may use the Function Command by itself with good results if you are at work or otherwise unable to lie down and listen to the tape.

* Remember, *Circulation* is a permanently installed Function whose effects are enhanced by repeated use of the Function Command.

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